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BOMBERS HUMBLED BY WARMTH OF FANS' GREETING

{page 3}

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WINNIPEG metro®
Tuesday, November 29, 2011
www.metronews.ca
News worth sharing.

SVJETLANA MLINAREVIC/METRO

▶ Winnipeg's manager of streets maintenance Ken Boyd says the new rules for the winter parking ban on city streets will make things easier on residents.

Zoning in on new snow routes

Look up zone letter at knowyourzone.winnipeg.ca ◗ Ads to air on TV and online ◗ Notices will also go out via Twitter and email

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

The City of Winnipeg has revised its residential winter parking ban for city streets, bringing more flexibility to Winnipeg drivers, said officials.

Manager of Streets Maintenance Ken Boyd outlined the Know Your Zone initiative, which was approved by council in June.

"We're hoping to improve the way we clear streets. We want to make it more efficient," he said.

The initiative has three components. The first involves zoning residential areas into zone-specific letters.

The second is scheduling each zone for plowing on specific dates and times. Plowing is broken into two 12-hour shifts from 7 a.m. to 7 p.m. and 7 p.m. to 7 a.m. A colour coding system will be used to let residents know when their street will be plowed — blue for all snow routes, red for a currently scheduled clearing, and yellow for the next scheduled clearing. Streets prioritized for plowing will be based on the city's recycling/garbage day schedule.

"(The City used a military theme) because the way we deploy the snowplows is very military-like and very structured. They even use some of the same language."
TAMMY MELESKO, CITY OF WINNIPEG COMMUNICATIONS OFFICER

Residents who park on the street during a ban will have their vehicle towed to a nearby street and receive a $150 fine.

The third component is notifying residents when their street will be cleared via Twitter and email. Residents must follow the City on Twitter and sign up for emails.

To help get the message out to the public the city has developed animated commercials featuring two characters, Lt. Loader and Gen. Grader, voiced by Jim Ingebrigtsen and Laurie Mustard respectively.

Past parking-ban rules

- Previous overnight ban was from 12 a.m. to 6 a.m. and was on a 24-hour basis.
- Violators were not ticketed.
- Annual snow route used to be from 2 a.m. to 6 a.m.
- City never used social media before to inform residents of snow clearing.
- Bans used to be for three days with residents not knowing when their street was going to get cleared.

BLACK ANGUS at Quiznos

FREE $10* Sears Wish Book® Gift Card with purchase of a combo.
*While supplies last. Expires December 24, 2011. Minimum $50 purchase.
$2 OFF any large sub -OR- $1 OFF any reg. sub
Quiznos
Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Dec 24, 2011. CLU# 1246
50% OFF ANY SUB with purchase of a reg. fountain drink
Quiznos
Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Dec 24, 2011. CLU# 8030

I'VE SAVED YOU MONEY... NOW I'M MAKING YOU MONEY

Lee Romanov, , Consumer Advocate
President, Income Activator

Over the last 15 years I created and sold one of the most successful Internet businesses in Canada, saving thousands of people thousands of dollars.

As you know... there are millions of dollars flowing through the Internet every day. I've taken all of my Internet experience and combined it with a website program I created, **IncomeActivator.com**, to allow you to tap into this money flow.

If you've ever wanted to run your own online business, or if you have a website that's not making the kind of money you thought it would... you'll be interested in what I have to say.

I show you:

1. What people are searching for online.
2. The number of online searches being done for any topic or business.
3. Which online searches are the most valuable and how they can make you money.

Then I give you a website and show you how to:

1. Capture these online searches.
2. Convert your visitor traffic into various revenue streams for yourself.

These are the same techniques I used to make millions of dollars online, and this is the website program I use today.

I understand being broke, and how hard it is to make money and keep things together financially. I've been there, done that, and I'm never doing it again. I share with you what I spent years learning, and have combined that into the **Income Activator website program allowing you to create your own online income** regardless of your computer skills or Internet experience.

Income Activator allows you to begin **your own online business**, or will help you grow and ease your frustrations with **your existing online business.**

You will be given techniques to create revenue streams from writing copy to assembling pictures or videos on your website.

When you **understand what to do**, and have the Income Activator website program that allows you to do it, **only then will you realize the wealth the Internet can bring you.**

It will change your life... it changed mine.

My name is Lee Romanov and I launched one of the first Internet businesses in North America that made millions of dollars, even in the 90s.

After recently selling my business to Torstar (one of the largest media companies in Canada and owner of the Toronto Star) I combined all of my Internet experience along with my **immense frustration of technology** and created a website program called **IncomeActivator.com.**

You may know me as a Consumer Advocate helping people save thousands of dollars off their car insurance rates through the company I created, InsuranceHotline.com. It's a rate comparison website providing the lowest quote to drivers from over 30 insurance companies. You may also know me from my Talk TV show on CP24, or from my columns in either the Toronto Star or Globe and Mail.

Income Activator allows anyone, at any level, to own and operate a successful online business exactly like the pros. You can activate multiple revenue streams with the click of a mouse while having complete control over your website. You can put up your own pages, pictures, videos, links, create questionnaires and collect data even if you're a one finger typist; and not at all computer savvy.

You can tap into the millions of dollars flowing through the Internet every day.

If you don't have a product or service to sell, you can simply provide information on a topic you are interested in. IncomeActivator.com gives you the 'know how' and website to put this it into action.

You can put up ads that pay you when a visitor clicks on them, sell products or books, or get paid from lead generation, all with the click of a mouse. Income Activator works for any business imaginable.

A few weeks back IncomeActivator.com helped Pat Foran of CTV with the launch of his website and new book The Smart Savvy Young Consumer. Pat would not describe himself as an Internet or computer guy. He's a broadcaster, consumer advocate, and author, who has complete control over his website (www.PatForan.com) and Internet business where you can go right now and buy his books.

I lived through the frustration of trying to get clear answers to Internet questions.

I spent tens of thousands of dollars looking to experts for answers... like how to get search engines to display your website at the top of the search pages. What I found was that each internet expert had only one piece of the puzzle, and none of their solutions came with the technology to put this into action.

I learned... **if it's Not Actionable... it's Not Useful.**

I know from experience that an online business can be **Extremely Profitable** and can truly get people out of their financial struggles and allow them to do the things they're interested in and meaningful to their lives.

I am sick and tired of seeing these 'Get Rich Quick' schemes that take people's money and Do Not Work.

My heart goes out to business owners who spend good money only to have their websites out of date the day after it goes online. If you can't use your website as a marketing tool every day, it'll never be much more than an expensive brochure. You need to be able to go in and tweak your website regularly to capture new online search traffic, and expand your revenue streams.

If you're running Google AdSense on your website, Income Activator has it's own Pay Per Click program where you can keep 100% of the click revenue. It also has a built in Referral Program that tracks and bills for lead generation. You can also send out messages to your email lists, or create an online store that tracks and bills for you. It also has a secured Member's section you can activate.

Income Activator is designed to make you successful, not dependant, like other programs out there.

If you have a website you can easily transfer over your content to begin activating multiple revenue streams **I've made it embarrassingly simple.**

I also learned never take advice from someone that's never made money online.

When creating Income Activator I included both my marketing strategies and revenue streams.

Income Activator provides a real opportunity for wealth. It's not a get rich quick scheme.

If what I'm saying is of interest, **you need to be proactive as I'm limiting the sale** of the Income Activator website program to the first 2,100 people at an introductory price. You will then become part of a select group of people sharing their knowledge while growing their online business.

Owning your own online business is fun and exciting... it can make you rich when you know what to do and have the technology to do it. I am **making myself available for the next 3 weeks** to answer any questions related to online marketing or Income Activator specifically. **I invite you visit www.IncomeActivator.com now.** I am also giving away **one Income Activator website for Free...** all you need to do is tell me your best online marketing story.

What I know now is that……**if it's Actionable……it's Valuable!**

www.incomeactivator.com

Liquor express opens at airport

The first of up to six new Express Liquor Marts opened yesterday, courtesy of the Manitoba Liquor Control Commission.

The store, in the new Richardson International Airport terminal, is open seven days a week from 10 a.m. to 8 p.m., with the exception of Sunday, when it's open from noon until 6 p.m.

Topping out at about 600 square feet, the shop features 220 of the most popular wines, beers and spirits as well as made-in-Manitoba products. Up to five more Express Liquor Marts will open in the coming years at grocery stores.

The stores are the result of several changes to provincial liquor laws introduced in April. Others include allowing people to bring their own wine to a restaurant, and rolling out a larger selection of coolers and other products at Liquor Marts and beer vendors. ELISHA DACEY

SVJETLANA MLINAREVIC/FOR METRO

▶ Express Liquor Mart opened yesterday

Budget is on track: Premier

Planning for the spring budget is underway and public consultations will be held, Premier Greg Selinger says. The province usually holds hearings in the fall to ask Manitobans their priorities for next year's spending plan. Selinger says that has been pushed back this year because of the October election. But he says budget planning is on track and public consultations will be held shortly. THE CANADIAN PRESS

Big Blue come back humbled, but more humbled by fans

▶ Fans skipped work and school to welcome Bombers back ▶ Players were met with cheers as they shook hands and signed autographs

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

SVJETLANA MLINAREVIC/FOR METRO

▶ Doug Brown, who has spent 11 seasons with the Bombers, signs autographs for fans at the Winnipeg airport yesterday. He announced this year that this season would be his last.

Coming down the escalator at the Richardson International Airport, the crestfallen faces of the Bombers showed every bit of their disappointment at losing Sunday's Grey Cup, but the faces looking back at them beamed with pride.

"We love them and support them. It doesn't matter that they didn't win the cup. They put up a good fight," said Leigh Smith.

"We came to see them off and we've come to see them home. They're everything," said Ross McQuiggin, a 36-year season ticket holder.

For the players, the 50 cheering fans welcoming the boys home left them feeling humbled.

"I've been in this position before and this is the hardest time," said Doug Brown, who is retiring this year. "To see everyone … it just reinforced how special our fans are."

"It's heart-warming considering we lost," said Cory Watson. "It's great to see the fans here. They've been great throughout the year … The fans are us. I am what we do here. It's fun to give back and I hope throughout my career I can give them a cup."

Austin Snifeld, 9, has been going to every Bomber practice since he was four years old and counts Jovon Johnson, Clint Kent, and Alex Suber as friends. "The Bombers are huge. I love football and I love the Blue Bombers."

No charges in Neepawa Natives hazing: RCMP

No charges will be laid after a rural Manitoba hockey team was accused of assaulting players during a hazing incident, Neepawa RCMP say.

The incident, which happened in late September, set off a wave of parental and media outrage after a 15-year-old boy and his parents claimed the teen had been forced to parade around the locker room with a water-bottle carrier tied to his scrotum. They also claimed seven teens were subjected to the treatment.

Assistant Coach Brad Biggers resigned from the team and the head coach and 16 players were suspended. The teen and his parents have not been named.

RCMP Capt. Miles Hiebert said police conducted an "in-depth investigation into the alleged incident" and the results were sent to the Office of the Crown Attorney for review.

He said no charges will be filed after recommendations from the Crown Attorney's office. ELISHA DACEY

News in brief

Con artist targeting seniors

POSING AS RELATIVE. Winnipeg Police are warning the public about a fraudster who is preying on elderly people after talking his way into their apartments.

Police say the man has targeted several senior citizen apartment complexes, where he poses as a family member to get inside. Once he gains access, he goes to various suites pretending to be a security guard or maintenance worker. When the senior lets the man into their apartment, he begins searching for money, cheques or debit cards, and asks for the PIN from the victim.

Police say the man was spotted by alert staff in a bank, where he was with an elderly woman trying to withdraw money. The man ran away before police arrived.

He is described as 40 to 50 years old, a slim five foot eight, with strawberry blond hair. He may also have a beard or other noticeable facial hair.

Anyone with information is asked to call police, and police are warning seniors to be vigilant. ELISHA DACEY

1 news

Police blotter: Frosty the Snowman catches an assault beef after an alleged scuffle with police at a Christmas parade in Maryland. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Make sure the bottle caps are securely affixed to your ugly stick, because it's time for the mummers parade in St. John's. Video at metronews.ca/video

Follow us on Twitter @metrowinnipeg

Canada to pull out of Kyoto?

Canada heads into climate talks in South Africa this week, refusing to publicly show its hand on whether it's in or out of the only global treaty on limiting greenhouse gas emissions.

Environment Minister Peter Kent says his goal for the meetings in Durban is to come out with a new deal that gets all major emitters involved in cutting greenhouse gas emissions, be they developed or developing economies.

But Kent refused to either confirm or deny reports that Canada in fact plans to walk away for the Kyoto accord altogether.

"This is not the time to make an announcement," he told a news conference yesterday.

THE CANADIAN PRESS

EYE IN THE SKY PHOTOGRAPHY/GREENPEACE

▶ Greenpeace activists brought their message to Parliament Hill using hundreds of LED lights.

Egypt heads to the polls for first free election in decades

Parliament that emerges from vote may have little relevance if military sharply limits its power

AMR NABI/THE ASSOCIATED PRESS

▶ An Egyptian voter passes between the hands of soldiers guarding a polling centre in Cairo yesterday.

They waited in long lines for hours to vote, despite a new wave of unrest, fears about a sharply divided society and uncertainty over the nation's future.

For the millions of Egyptians who cast ballots yesterday, the first parliamentary elections since they ousted Hosni Mubarak were a turning point in history — if for no other reason than they were finally getting a chance to be heard after decades of rigged voting.

The outcome will indicate whether one of America's most important Middle East allies will remain secular or move down a more Islamic path, as have other countries swept up in the Arab Spring.

"I have hope this time," said Amal Fathy, a 50-year-old government employee who wears the Islamic veil, as she patiently waited to vote. "I may not live long enough to see change, but my grandchildren will."

"If you have waited for 30 years, can't you wait now for another hour?"
AN ARMY OFFICER, YELLING AT HUNDREDS OF RESTLESS WOMEN AT A POLLING CENTRE IN CAIRO

Since the uprising that forced out Mubarak nearly 10 months ago, Egyptians had looked forward to this day as a celebration of freedom after years of stifling dictatorship. Instead, there has been deep disappointment with the military rulers who replaced the old regime and a new wave of protests and clashes that began 10 days before the vote.

Adding to the disarray, the multiple-stage election process, which will stretch over months, is extremely complicated. Some of the key political players complained they did not have enough time or the right conditions to organize for the vote.

If there was little jubilation, there was hope — and even defiance — with many determined to either push the military from power or vote against the Muslim Brotherhood and other Islamist groups who are expected to dominate the balloting.

THE ASSOCIATED PRESS

Banned players settle with gay softball group

A gay softball organization has agreed to pay an undisclosed sum to three players who were disqualified from its 2008 Gay Softball World Series because of their perceived heterosexuality.

The men — Stephen Apilado, Laron Charles and John Russ, who played for a San Francisco-based team called D2 — filed the federal lawsuit against the North American Gay Amateur Athletic Alliance last year, claiming they had been discriminated against because they were bisexual, not gay.

THE ASSOCIATED PRESS

News in brief

School board skirts the issue

Thanks to ever-rising hemlines, the Catholic District School Board in Durham Region was to discuss yesterday whether to eliminate kilts as part of the school uniform.

The final decision would be left to parents at each of the seven high schools

TORSTAR NEWS SERVICE

Drop parking fees: CMA

Hospitals should stop charging patients for parking, the Canadian Medical Association Journal said yesterday in an editorial, arguing that parking charges are a health-care user fee in disguise. THE CANADIAN PRESS

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. TIMM SCHAMBERGER/THE ASSOCIATED PRESS
3. ALTAF QADRI/THE ASSOCIATED PRESS
4. THOMAS LOHNES/THE ASSOCIATED PRESS
5. ZVEKI/THE ASSOCIATED PRESS

1 Supporters of opposition candidate Etienne Tshisekedi parade what they claim are fraudulent photocopies of election ballots allegedly found in Kinshasa, Democratic Republic of Congo, yesterday.

2 The trial began yesterday for Adolf B. (no family name given due to German laws) in Nuremberg yesterday. Prosecutors say the 69-year-old forced his daughter to have sex with him in their home or car, starting when she was 12 or 13.

3 A Thai woman texts on her cellphone as she wades through knee-high floodwaters on the outskirts of Bangkok yesterday.

4 Protesters brave overnight cold yesterday as they camp outside the interim storage facility in Gorleben, northern Germany, as they try to stop 11 containers of reprocessed nuclear waste from reaching the area.

5 Kosovar Serbs clash with German NATO peacekeepers as the NATO troops work to remove a roadblock near Jagnjenica, Kosovo, yesterday. THE ASSOCIATED PRESS

Canada's economy still at risk: OECD

- Harsher fate for countries if Europe's mess spreads
- Domestic confidence down, export sector limited

Europe's debt problems and the global slowdown have weakened Canada's economy and pose even graver risks going forward, warns the Organization for Economic Co-operation and Development.

The OECD said yesterday that Canada is currently going through a rough patch of weak growth because of the deteriorating external environment.

The OECD expects Canada's economy to muddle through and post a soft 1.9 per cent advance next year, followed by a stronger 2.5 per cent expansion in 2013, but all bets are off if the European debt crisis spreads beyond the continent.

"Prospects only improve if decisive action is taken quickly," said chief economist Pier Carlo Padoan.

While most of the risks stem from Europe, Canada is not totally blameless, the OECD says, citing "high levels of household indebtedness (that) are eroding consumer confidence."

The International Monetary Fund and the Economist magazine have flagged record levels of household indebtedness as risks to the Canadian economy. Household debt is at about 150 per cent of disposable income, an all-time high.

Still, Canada's economic expansion over the next two years will vie with the U.S. for tops in the G7 — which also includes euro-zone members Italy, France and Germany.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 178.15 (11,640.21)	+ 1.29¢ (96.58¢ US)
Oil	**Natural gas** $3.364 (- 17.8¢)
+ 1.44¢ US ($98.21 US)	**Gold** $1,710.80 (+ $25.10)

Smarter. Car

▶ Toyota Motor Corp. unveiled futuristic concept car Fun-Vii yesterday at the upcoming Tokyo auto show, which opens to the public this weekend.

KOJI SASAHARA/THE ASSOCIATED PRESS

Tweet at the touch of a car door

Resembling a giant smartphone, the car works like a personal computer and allows drivers to connect with others with a tap of a touch-panel door.

12 days of expenses

The price of partridges, pear trees and turtle doves has spiked, pushing the cost of every items mentioned in the carol, The Twelve Days of Christmas, above $100,000 for the first time.

The 364 items repeated across the verses would cost $101,119, an increase of 4.4 per cent over last year, according to the annual Christmas Price Index compiled by PNC Wealth Management. The broader government Consumer Price Index increased by 3.9 per cent over the same period.

Those with the money to spend would end up with 12 drummers drumming, 22 pipers piping, 30 lords-a-leaping, 36 ladies dancing, 40 maids-a-milking, 42 swans-a-swimming, 42 geese-a-laying, 40 gold rings, 36 calling birds, 30 French hens, 22 turtle doves, and 12 partridges in pear trees (excluding bird maintenance). Buying just one set of each verse in the song will cost $24,263 this year — a moderate 3.5 per cent rise. THE ASSOCIATED PRESS

Ex-teen star tells of tabloid torment

JOEL RYAN/THE ASSOCIATED PRESS

▶ Church

Former child singing sensation Charlotte Church, 25, told Britain's media ethics inquiry yesterday that the Murdoch press, and other British tabloids, had ruthlessly tormented her, blowing her credibility "to bits" and badly damaging her career. She said press intrusion had a devastating impact on her family life and particularly on her mother, who she said tried to kill herself. Church is the latest prominent person to testify at the inquiry, set up by Prime Minister David Cameron in response to the scandal that began with illegal eavesdropping by the News of the World tabloid.

THE ASSOCIATED PRESS

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National Historic Site
parkscanada.gc.ca

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GIVING UP ON HIGHRISE LIVING

SHE SAYS ...

METRO

Last weekend I moved — an entirely frustrating and time-consuming ordeal that we all go through at least a few times in our lives. After 16 months in a cookie-cutter condo building, I left my highrise rental for something entirely different.

I found a newly finished basement apartment in a beautiful Victorian house on a wide leafy street a mere 15-minute walk away from my old address. And even though my postal code remains the same, my new place feels a world away from the glass and concrete wasteland I once called home.

Back on street-level (well, I guess technically I'm below it) there is a whole world I had forgotten about, a diverse neighbourhood where people manicure their lawns and next door's cat prowls by your window.

Subterranean living has its deficits for sure — natural sunlight is at a minimum and cellphone reception is spotty at best. Taking out the garbage has become a real chore rather than something I could send down a magical "someone else's problem" chute.

"I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube."

And, yes, the view leaves a lot to be desired (the view is dirt; it's a basement, remember). But you know what? The lookout on the 21st floor had its problems too. It was unnerving how easy it was to peer into the private goings on of the residents in the adjacent condo development. After a while it started feeling a little bit too much like Rear Window for my liking.

I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube. I'm no longer tripping over my furniture and I can actually have more than two guests over for dinner; I just can't invite anyone over six-foot-six.

I'm sure the novelty will wear off eventually, but for now living in a brick-and-mortar-home again is oh so charming. I'm comforted by the ambient noise of the furnace and footsteps overhead. Rather than suffocating on recirculated condo air, I wake up in the morning to a refreshing chill of a real house.

Downtown space is at a premium and building upwards is the obvious solution for overcrowded cities. But while vertical living is an unavoidable reality, I'm not sure that people are meant to live 20-something floors up in the air. There's just something much more human about being back down to earth.

[illegible]

Register at metropolitanpanel.ca and take the quick poll

Did you win your Grey Cup bet?

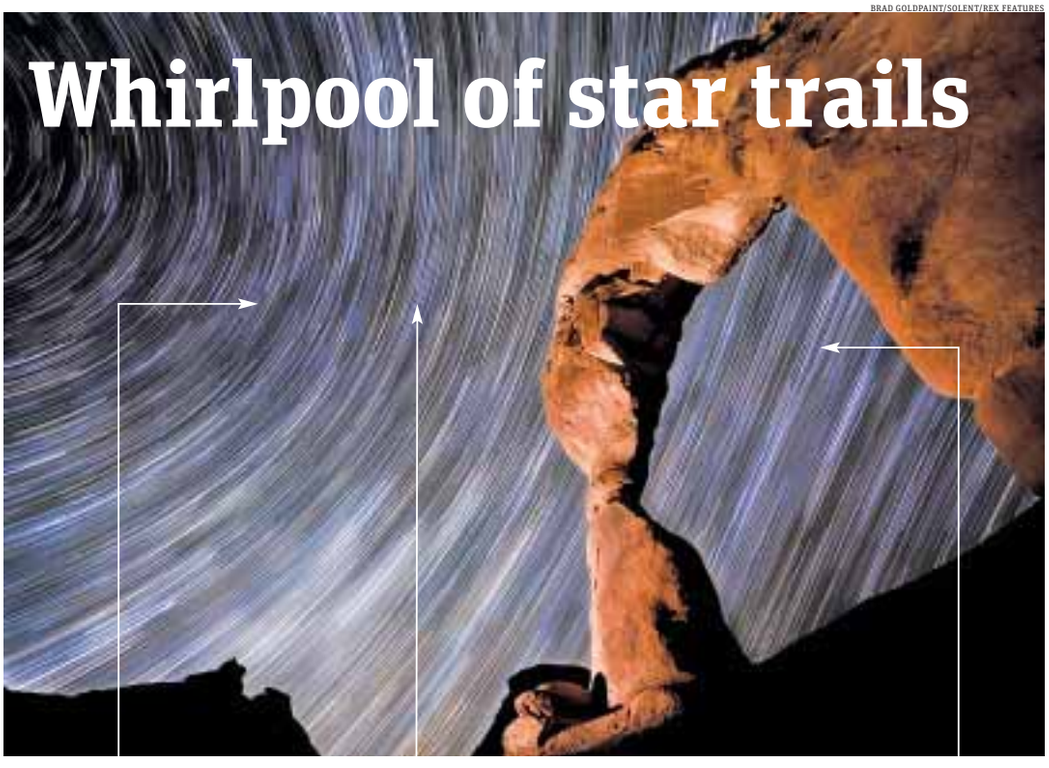
67% YES! I KNEW THE LIONS WOULD COME THROUGH

33% NO. THE BOMBERS LET ME DOWN

Local tweets

- **@Pablo Javier666:** I feel like what it looks like outside today in #Winnipeg being sick blows! Hope I get better before I leave for my trip! #11days
- **@kenmcmull:** Anyone know any god damn dirty piano players? #pianoplayers #winnipeg
- **@lisaraee_wpg:** Ahh, yes feels good to be back in #Winnipeg after a much needed relaxing weekend! P.S where did all this snow come from, I was blinded! Lol
- **@jenniefoltis:** Eating goldfish for breakfast, but its really time for lunch #firstworldpains
- **@BrittanyFoden:** Had blood taken for the first time in about, 17 years. It's my biggest fear, and I anxiety'd through the whole thing
- **@knoxvle:** I'm happy that Canada is pulling out of Kyoto, it's a scam and a huge waste of trillions of dollars!
- **@kristynashtyn:** I have my favorite holiday chocolates in my bedroom that I bought for xmas presents. Must not eat.. #selfmotivation

BRAD GOLDPAINT/SOLENT/REX FEATURES



Camera snaps starry beauty

THOMPSON, UTAH. The slow motion of a wild, starry night was captured in a single frame by photographer Brad Goldpaint, who shot this image from a 305-metre shear drop in Arches National Park. Brad trekked 2,092 kilometres across the States, snapping landscapes to capture "inspirational elements within the natural world." MWN

"I want to illustrate the unknown and put it together with earthly landscapes."
BRAD GOLDPAINT, PHOTOGRAPHER

Snap a 'star trail'

- **Use a sturdy tripod.** Any movement will put "squiggles" in your trails.
- **Use a wide-angle lens.** The 35mm equivalent of 20-50mm focal length is good.
- **Open the shutter.** Leave it open as long as possible. Longer exposures mean longer star trails.
- **Choice of camera.** "Nikon. I shoot in a raw-image format."

They call these lines 'star trails'

PHOTOGRAPHY. Hallucinatory, spell-binding — perhaps nauseating? These are star trails, a feature specific to astrophotography. They are lines of light made using time-lapse photography: stars recorded as the Earth rotates over time by a camera with an open shutter to produce these stunning circular lines. MWN

metro
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Battle of the box sets

- Do you have a music geek in your house? Check out some of these epic box sets
- These collections dig deep to satisfy the hunger of the most rabid fans

U2: Achtung Baby Super Deluxe Edition Box Set

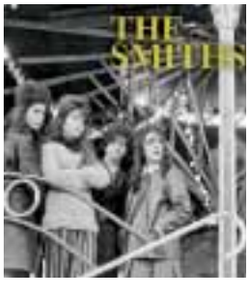
Longevity in the music business can be traced to a pivotal moment in an artist's career, and for U2, that milestone was Achtung Baby. The 1991 album represented U2 2.0, the point where the band reinvented itself. Now fans can experience the making of the classic recording with a box set that includes nearly as many discs as album releases. The album that spawned such classics as One and Mysterious Ways was recorded in Berlin during a tumultuous period for the band. After experiencing the mega-success of The Joshua Tree and the concert film Rattle and Hum, the band was at a crossroads. So they broke away from their families to find their sound in a distant land. After a great deal of tension, they found what they were looking for with One, and the rest fell into place. Not only were they able to churn out the remainder of the album, but they also recorded the follow-up, Zooropa. The collection consists of six compact discs and four DVDs, including the documentary, From the Sky Down, and a Zoo TV special. Other goodies include a hardcover book and 16 art prints. There's a scaled-down two-disc set that includes 14 additional tracks, and an uber-deluxe version that includes a set of collectible vinyl singles, a magnetic puzzle tiled box, and a pair of Bono's trademark Fly sunglasses.

Nirvana: Nevermind Super Deluxe Edition

Working through the hours of material on this 20th anniversary celebration of Nirvana's Nevermind is an unexpectedly melancholy experience. When Nevermind hit the street in 1991, destroying hair metal in just a few bars of Smells Like Teen Spirit, it reshaped not just rock music but pop and punk and America. Listening to the various versions of Nevermind in this edition, one of two commemorative releases, reminds us that no one's really come close to carrying the standard in the years after Nirvana's fiery flare across the night sky. The super deluxe version is both fascinatingly deep and needlessly so at the same time. There are four discs with 69 cuts that include a remastered version of the original album, various B-sides, live cuts and unreleased versions and even a few early boom box proto-recordings that provide a glimpse at the evolution of Nirvana's biggest hits. There's also a book that includes photos and other artifacts from the period. The highlight of the super deluxe edition is the Nirvana: Live at the Paramount DVD of the band's Oct. 31, 1991, concert in Seattle. Things were just starting to blow up and the band is young and powerful.

The Smiths: The Smiths Complete

This is a swank box set, in both CD and vinyl, containing all four studio albums released in an astounding flurry between 1984 and 1987 and four more discs of live bits and odds and ends. Morrissey's sweetly crooned rancour and cutting indignation remain a soothing balm years later, and Johnny Marr's diamond-lattice guitar work is still every bit as engaging as it was in the mid-1980s, despite all the copycats and pretenders over the years. These albums were grenades lobbed at the establishment at the time and should find fresh ears in the 21st century. Morrissey and his mates were reacting to the growing elitism of the wealthy and the many inequalities of modern society. Many of the same themes have re-emerged 25 years later in the age of Occupy Wall Street. The Smiths have aged very well. The Queen is Dead and Vicar in a Tutu remain vibrant and alive, the sneer still fresh on the lips. There is a Light That Never Goes Out and I Want the One I Can't Have remain just as heartbreakingly sad. And songs like How Soon is Now and London still rock with an unexpected ferocity. The one disappointment is the light liner notes.



Pink Floyd: The Dark Side of the Moon Immersion

Regarded as one of the most important albums in pop thanks to its unprecedented life on the charts and timeless sound, it should come as no surprise the iconic album The Dark Side of the Moon gets the box set treatment. The Immersion Collection, as it's called, consists of six discs centred on the album, and lots of collectibles, including a 40-page booklet, marbles, drink coasters, and a scarf. That's right, a scarf, complete with the album's trademark dispersive prism. While these items may be cool, the real value of this collection lies in the album's original mix, which up until now has never been released. Unlike alternate takes that seem to pervade these types of collections, the early mix of this album stands on its own merit. Presented in its entirety, it provides a different perspective of the version of the album burned into our minds over the past 37 years. Dark Side seemed to culminate the experimental soundscape of the band's seven previous albums with the right blend of mainstream appeal. So this cut serves as the step before their masterpiece was complete.

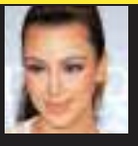
Billy Joel: The Complete Albums Collection

We live in a fragmentary culture. How odd, then, to be able to listen to the entire arc of a singer-songwriter's artistic life in one package — and see, as close as is possible in art, the complete picture of who someone has been. So it goes with Billy Joel: The Complete Albums Collection — a 15-CD (15!) collection that takes the Joel oeuvre from the dawn of the 1970s into the 21st century. From Piano Man to Just the Way You Are to Uptown Girl to We Didn't Start the Fire and beyond, it's quite a ride. In recent years, Joel-bashing has become a not-uncommon exercise. He's saccharine, people say. Hackneyed. Not too relevant. Syrupy. That's unfair. Joel is one of the premier pop songwriters of his generation, and even his more uneven efforts are generally good listening. If you can — and it's a lot to ask, true — take the time to listen straight through to the more than 11 hours of music in these albums. Taken together, it's an epic portrait of an era and how it unfolded, in New York City and beyond.

THE ASSOCIATED PRESS

2 scene

Scene in brief



Justin Bieber is the king of the web in the U.S. but gets less love from his home country, according to year-end search results from Bing.com. According to Microsoft's search engine, Bieber was the top searched person in the United States in 2011 but barely cracked the Top 10 list in Canada at No. 9. The top searched celebrity in Canada was Kim Kardashian, while she was second in the U.S. Most of the same names made both lists — including Lindsay Lohan, Britney Spears, Jennifer Aniston, Jennifer Lopez, Lady Gaga and Megan Fox — although Kanye West made the Top 10 in Canada and Miley Cyrus was popular in the U.S. The royal wedding of Prince William and Kate Middleton was the top searched news event of the year in Canada.

THE ASSOCIATED PRESS

Scan this code for the top searches on Bing.ca in 2011.

Bob Miley or Lyin' Miley?

Cyrus retracts her self-incriminating statement about being a stoner

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Hannah Bongtana, it's time to come clean.

After it surfaced over the weekend via The Daily that Miley Cyrus was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. and quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed," she is now retracting it, saying the video was all a "joke."

Her rep tells TMZ that Miley was joking about the cake and that the Bob Marley reference was because her friend Kelly Osbourne has been calling her Bob Miley since she saw a video of her ripping a huge bong hit last year.

Cyrus then claimed that it was salvia, a harmless herb, and not marijuana in the bong.

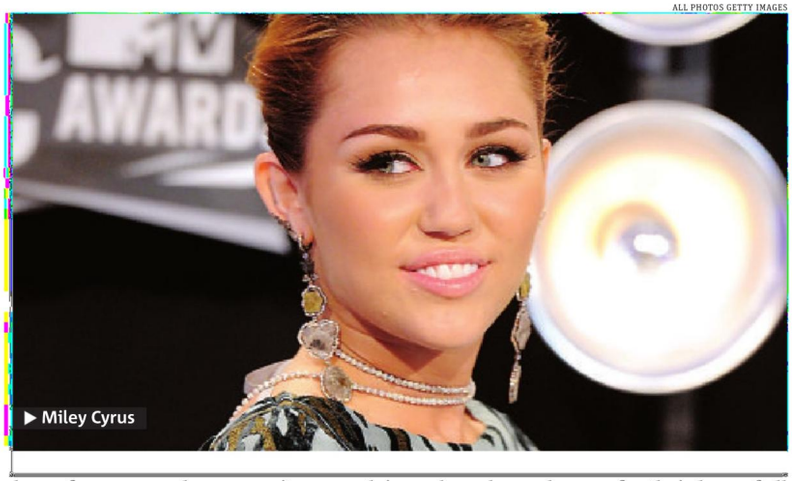
Cyrus's rep says that Miley is not a pothead.

Pfft. Right.

Because non-stoners are known for their love of all things Bob Marley.

My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room because it matches her sofa.

ALL PHOTOS GETTY IMAGES



▶ Miley Cyrus

Charlize the ugly duckling?

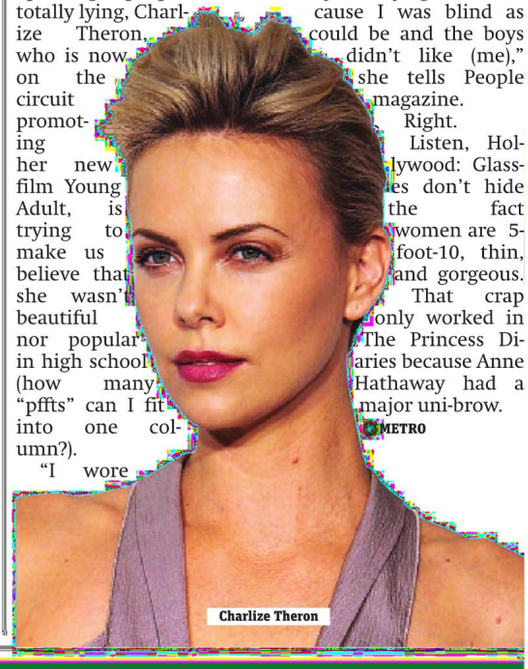
Speaking of people totally lying, Charlize Theron, who is now on the circuit promoting her new film Young Adult, is trying to make us believe that she wasn't beautiful nor popular in high school (how many "pffts" can I fit into one column?).

"I wore really nerdy glasses because I was blind as could be and the boys didn't like (me)," she tells People magazine.

Right.

Listen, Hollywood: Glasses don't hide the fact women are 5-foot-10, thin, and gorgeous. That crap only worked in The Princess Diaries because Anne Hathaway had a major uni-brow.

METRO



Charlize Theron

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Get healthy, get a dog

A new study shows that dog owners stay more active than their counterparts during the winter ◗ Lead author suggests they can have positive effects beyond just increased activity

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ A recent study once again proves what we all know — dog owners are better people.

Not rain, not ice, not snow, not sleet can keep your doggie off his feet.

People who own dogs benefit health-wise from their pet's need to go for walks all year long.

A recent study at the University of Calgary found that having a dog keeps owners active and walking, even in horrendous weather.

This is significant because a large percentage of Canadians — 64 per cent — are inactive during the winter. Who can blame them? In Calgary, in the dead of winter, sunset occurs less than eight hours after sunrise and the mean temperature ranges from -8.5 to 1.5 degrees C, say the authors.

There's nothing like a pair of big brown, begging eyes and some adorable furry eyebrows to get you to don your mitts, hat, boots and parka, and get outside.

"By acting as cues for physical activity, dogs may help their owners remain active across seasons," says Parabhdeep Lail, lead author of the study and a medical student at the University of Calgary.

He and colleagues studied the walking habits of 428 Calgarians in both summer and winter. In the group, there were 115 dog owners.

The dog owners were at least three times more likely than non-owners to be consistent about walking in their neighbourhoods for recreation, the study found.

"This can have a positive effect on others in the community," reported Lail.

Seeing neighbours outdoors walking their dogs encourages non-owners to get out and walk and makes people feel safer in their communities.

Lail and his colleagues suggest that dog-friendly neighbourhoods — including housing that allows dogs and parks that support dogs — may assist in enhancing population health by promoting physical activity.

In winter

Physical activity can help prevent some chronic diseases.

Get active Physical activity tends to wane in wintertime, says Parabhdeep Lail, a medical student at the University of Calgary. Owning a dog may be a good antidote to winter inertia, he says. People generally know that participation in regular physical activity is important for the prevention of many chronic diseases, including type 2 diabetes, hypertension, cardiovascular disease, obesity, osteoporosis, some cancers, irritable bowel syndrome, dementia and depression.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

In The Raw

If you've heard of the raw-food diet, you've probably also heard that raw fruits and vegetables are always better for you. But that's not true.

Yes, heat destroys enzymes in foods that make them more easily digestible.

But cooking also breaks down fibre, making these foods easier for your body to process. (Imagine trying to chew, much less digest, a raw Brussels sprout.)

Scientists have discovered that cooking even boosts levels of important compounds in some fruits and vegetables.

For instance, ketchup — which contains concentrated tomatoes — has five to six times more lycopene, a cancer-fighting antioxidant, than raw tomatoes do. Heat does rob fresh produce of some nutrients, especially vitamins that dissolve in water. For example, cooking fruits and vegetables tends to reduce their levels of vitamin B6, vitamin C and folate.

But cooking actually increases the antioxidant levels of some vegetables, such as corn and carrots.

If you like raw produce, crunch away. But don't fear the vegetable steamer.

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ISTOCK PHOTOS

▶ Cooking vegetables can increase their antioxidant levels.

3 life

A new study shows

Cupcakes are as addictive as cocaine

Processed, sugary foods are as addictive as cocaine or nicotine, say scientists from Yale University. When binge eaters were shown images of food, the decision making part of their brain experienced a surge dopamine in the same way an addict would respond to seeing drugs.

METRO WORLD NEWS

Canada's health-spending has 'mixed results' compared to other countries: CIHI

Another chicken option

Galo Louco Authentic Grill offers up flame grilled choices & simple sides

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

PAY CHEN

▶ Galo grilled wings

When a Swiss Chalet opened in Winnipeg a few weeks ago, the city was abuzz with excitement.

But there's another chicken option in town and it's worth visiting. It may not have anything festive on special but Galo Louco Authentic Grill serves up some pretty tasty poultry.

A large restaurant with big screen TVs at every angle, Galo Louco has many combinations of its flame grilled chicken.

One pound of Galo grilled wings ($9.99) can be served with Galo sauce, mild, hot or extra hot. The vinegary hot sauce overpowers the nice grilled flavour but these wings are ten times better than any deep fried version.

Simple sides of fries, rice, baked potato, chips, salad or steamed vegetables are your options with a chicken meal. Platters and family dinner options are easy to take home.

Servers are friendly and a kids menu will satisfy the little ones for a lunch or dinner out.

Galo Louco Authentic Grill
1075 Notre Dame
772-4256
galolouco.ca
Social lunch: Yes
Client negotiation: Yes
Price: $2.99 - $49.99
Rating: 3.5 out of 5

THE CANADIAN PRESS H/O

Easy swiss fondue

Preparation:

1. In bowl, toss grated cheeses with cornstarch to coat. Rub inside of fondue pot with split garlic clove. In heavy-bottomed saucepan, heat wine to just below boiling point over medium heat. Whisk in cheeses in small amounts, adding more as cheese melts. Stir in Kirsch to make a smooth sauce.
2. Place fondue pot over fondue burner, pour in cheese mix and adjust heat so cheese keeps warm, but does not bubble. Use long-handled forks to dip bread cubes.

Ingredients:

- 250 g (8 oz) Gruyere, Emmental and Appenzeller cheeses, shredded
- 7 ml (1 1/2 tsp) cornstarch
- 1 garlic clove, split in half
- 175 ml (3/4 cup) white wine
- 30 ml (2 tbsp) Kirsch (optional)
- 1 baguette, cut into cubes

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Veggies for dessert?

Sweet Potato Brulée makes for a luscious ending

THE CANADIAN PRESS H/O

Sweet potato brulée

▶ This recipe serves six.

Preparation:

1. Scrub sweet potato and trim ends; pierce with knife in several places. Microwave on High 6 to 8 mins until tender, turning over partway through cooking. When cool enough to handle, remove skin and mash with a fork until smooth.
2. In large bowl, place 250 ml (1 cup) of mashed sweet potato and whisk in maple syrup until smooth. Whisk in milk, vanilla, ginger, nutmeg and salt until smooth. Whisk in eggs one at a time.
3. Divide among six 175-ml (3/4-cup) ramekins. Set ramekins in baking pan and place pan in oven. Pour in enough hot water to come halfway up sides of ramekins. Bake in a 180 (350 F) oven for 25 to 30 mins or until filling is almost set (centre jiggles a little, but will firm up on cooling and chilling). Remove ramekins to a wire rack to cool completely. Cover and chill for at least 4 hours or overnight.
4. Just before serving, blot tops of custards dry with paper towel. Sprinkle 5 ml (1 tsp) brown sugar over top of each. Place on a baking tray and place under broiler, watching carefully until sugar is bubbly. Serve immediately.

Ingredients:

- 1 sweet potato (about 340 g/12 oz)
- 125 ml (1/2 cup) pure maple syrup
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) vanilla
- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) ground nutmeg
- Pinch salt
- 3 eggs, lightly beaten
- 30 ml (2 tbsp) packed brown sugar

ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, AUTHOR AND A TV CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ FOODLAND ONTARIO

ISTOCK

▶ According to Charles the Butler, you shouldn't "give up" the ladder at the office. This means that if your boss buys you a gift, you are not required to buy them something in return. Instead, just write a thank-you note.

OFFICE GIFTS: DON'T GO OVERBOARD

Now that the holiday season is fast approaching, I'm once again confused and, more importantly, stressed about office holiday gift giving. When to give, what to give and how much to spend. Stressed for the Holidays

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Stressed for the Holidays,

The holidays are a stressful time for many people, so let's first try and take a little bit of the stress away.

Lets deal with the easy question: How much to spend?

First and foremost, you should only spend what you can afford. It is foolish to put yourself in debt just to buy someone a present. Anybody who would expect you to do that is not worth giving a present to, in my humble opinion.

Secondly, at the office, remember you technically never "give up" the ladder, so if your boss buys you something, you are not required to buy them something back. However, remember a good hand-written thank-you note will go a very long way!

And although I'm not one to push for office gifts, if everyone really wants to exchange presents, then a "Secret Santa," where you buy for one person, is just fine.

But remember to stick to the agreed-upon budget and more importantly remember to be tasteful in what you buy.

The entire office will see this and being the office clown is not always a good thing. In fact, what was funny at the time you bought it in the store can be a big disaster in a professional office setting a few days later.

Deep breath, it is all going to be OK. Just make your list, set your budget and stick to it.

Oh and one final important rule: Don't wait until the last minute; go do your shopping now and get it over with.

You will love having your feet up on a cold winter's evening when everyone else is shopping and grumpy.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Check out a belly dancing performance to learn some new moves that you can use (wink, wink).

Ideas for your next date

1 Dinner made sexy
Check out the sultry performances of talented belly dancers as you take in an exotic meal. Bonus: You can pick up a few new moves for your next private dance!

2 Day (or night) at the museum
Take in stunning Egyptian jewellery, the fossilized remains of majestic dinosaurs, or gorgeous pre-Columbian flutes, all under the roof of your trusty local museum! Bonus: Most museums offer discounted admission on certain nights.

3 Get starry-eyed
Enjoy an unforgettable night under the stars—indoors! Explore constellations, quasars and galaxies, and feel extra lucky that the stars aligned for the two of you.

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When your kids are full of gimmes

Getting teens to give back ain't easy

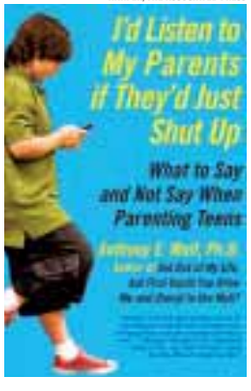
As the daughter of a minister, Jennifer James travelled frequently while her family served the less fortunate, from the rural heartland to the inner city. A lot of the time, she went without as a kid.

"My earliest memories are of working among the homeless in downtown Los Angeles, dipping ice cream for drunks," she said. "I learned a lot and I was a better person for it, but there was a lot of pain along the way."

In her zeal to spare her own three kids, the 44-year-old mom in Oklahoma City, Okla., has given them a world she didn't know — braces on their teeth, fancy computers and private schooling.

"Pretty soon it's like the kids just expect it and think you're giving so much because they're just that fantastic and not because you're making sacrifices," James said. "They have no paradigm for sacrifice. Now I'm trying to wind the skein of yarn back up and it's not easy."

HARPER/THE ASSOCIATED PRESS



Holiday spirit

Can you force a teen to volunteer for a good cause?

- "If you persist there's a reasonable chance that they might actually do it, but there also is a chance that they won't," says Anthony Wolf, a psychologist and author of I'd Listen To My Parents If They'd Just Shut up.
- "Whether they do or don't participate," he said, "the big picture is: 'What I really care about is that they basically become a good person.'"

Call it entitled child syndrome, the chronic gimmes or just plain spoiled. The lament is a familiar one for many well-meaning parents year round but intensifies at the holidays, especially among older kids who crank up gift demands but can't be coaxed to give back. It could be your reluctant volunteer hasn't found the right cause, said dad David Levinson, founder of the Los Angeles community service organization Big Sunday (Bigsunday.org).

"Everyone, even the youngest kids, has something that speaks to them, whether it's homelessness, literacy, the environment, seniors, veterans, AIDS, animals, children," he said.

THE ASSOCIATED PRESS

'Tis the season for resourcefulness

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Being resourceful throughout the holidays saves you money and reduces waste.

For example, going all out on wrapping paper and bows kills trees and costs a few dollars per present. Why not reuse gift bags you've accumulated throughout the year?

Or, if you've prepared baked goods, give them out in reusable (and returnable) Tupperware rather than in disposable plastic baggies.

Check your jacket pockets, purses, in between the couch cushions and in junk drawers for coins or bills.

Saving money throughout the holidays isn't the same as being a cheapskate. Both your bank account and the environment benefit from your resourcefulness.

ISTOCK

▶ Don't start the New Year with a financial hangover from December.

Do you have partially used gift cards taking up space in your wallet? Have you cashed in all your Groupons?

Use up any leftover pennies, dollars and coupons toward gift purchases.

Next, check for re-gift opportunities. Did you get duplicate copies of your favourite book for your birthday?

Or did you win an iPod at work that you don't need because your existing one is perfectly fine?

Don't be embarrassed by re-gifting. If you can't use something, give it away. Otherwise it'll go to waste and collect dust.

What loyalty programs do you belong to? Air Miles, Aeroplan, credit card rewards, grocery store points?

Depending on your loyalty program you could cash in your points for gifts such as electronics or travel.

If you're of the mindset that you should keep saving up your points for a massive trip in a few years from now, think again.

The longer you wait to redeem points, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Thus, your points become less 'rewarding' over time. Take advantage of them this holiday season and save money!

Saving money throughout the holidays isn't the same as being a cheapskate.

Both your bank account and the environment benefit from your resourcefulness.

U.S. airlines go after high-flyers

Most-prized customers are getting new seats that turn into beds, large flat-screen TVs and savoury food and wine

Flying has never been so good — for those able to splurge. While most travellers fight for overhead bins and go without a snack, life in first class is stress free. It's always been a special place on the other side of the curtain. Now, it's getting even cushier.

U.S. airlines, profitable again after a disastrous decade, are spending almost $2 billion to upgrade amenities for their highest-paying customers.

On the most profitable international routes, high fliers are being treated with preflight champagne, flat-screen TVs and seats that turn into beds.

Flight attendants greet them by name, hang up jackets and serve meals on china. "There is a war going on for the profitable passenger," says Henry H. Harteveldt, co-founder of the travel firm Atmosphere Research Group.

Airlines are focusing on:
- Giving passengers a full night's sleep.
- Stimulating taste buds.
- Providing escapes from the chaos of airport terminals.

But for the vast majority of passengers, the gap is growing between the front of the plane and the back.

That's because the airlines know what matters to the average traveller.

"They want their luggage. They want to arrive on time. They want the airplane to be clean," says Andrew Nocella, US Airways senior vice-president of marketing. "Most importantly, they want a low fare."

8% First-class and business-class passengers make up only 8 per cent of international travellers but account for 27 per cent of revenue, according to the International Air Transport Association.

THE ASSOCIATED PRESS

▶ The first class interior section of a United Airlines 747 plane

JEFF VINNICK/GETTY IMAGES

▶ Wally Buono

Lions think Buono will walk away a champion

B.C. Lions players expect Wally Buono to relinquish his coaching duties but retain a management role after guiding the CFL club to a Grey Cup victory.

"I don't think he'll come back as coach, but I don't think he's just going to step away from football," said Lions defensive back Korey Banks yesterday at their practice facility.

Buono, who is currently general manager and coach, led the Lions to a championship Sunday in a 34-23 win over Winnipeg.

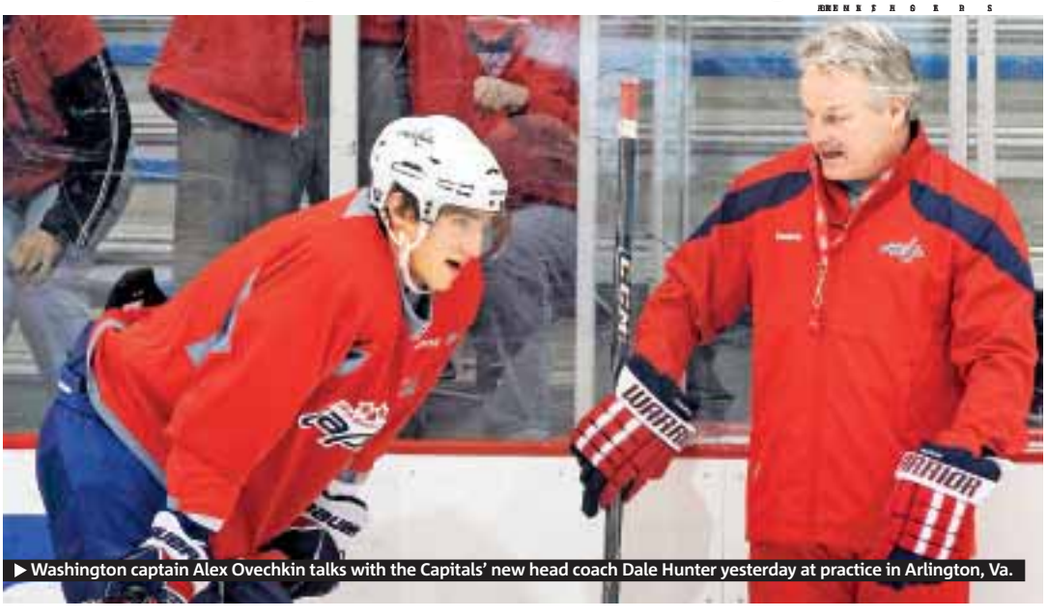
Players say Buono has not told them of his decision, but the CFL's all-time winningest coach will not come back with the sole purpose to win a sixth Grey Cup as head coach.

"You have to respect the game and you have to respect the tradition of Grey Cup, but if that's your motivation, I think that's very selfish," said Buono, a head coach for 22 seasons. "It's not about that. What I've got to decide on is what I think is best for the organization, but I've also gotta decide on what's best for me." THE CANADIAN PRESS

Shuffling the decks

Caps fire Boudreau, while Canes can Maurice on Black Monday for NHL coaches ◐ Hunter steps behind D.C. bench and Muller given Carolina job

JONATHAN HAYWARD



▶ Washington captain Alex Ovechkin talks with the Capitals' new head coach Dale Hunter yesterday at practice in Arlington, Va.

Trouble was in the air at least a couple weeks before the axe came down on Bruce Boudreau and Paul Maurice.

With the Washington Capitals and Carolina Hurricanes losing more than they were winning, both men knew they were on thin ice before getting fired hours apart yesterday.

Boudreau and Maurice shared similar headaches.

The captains of both teams are struggling mightily. As of yesterday, Eric Staal of the Hurricanes was a league-worst minus-17 and on pace for his lowest point total since his rookie year. Washington's Alex Ovechkin, once the NHL's undisputed goal-scoring king, was tied for 38th in that category.

"This wasn't a slump. You can ride out slumps. This was simply a case of the players no longer responding to Bruce."
CAPITALS GM GEORGE MCPHEE ON FIRING COACH BRUCE BOUDREAU

The most telling sign of trouble was when both men started making bold moves. Boudreau feuded with Ovechkin this season and scratched veterans Joel Ward and Alex Semin, but Washington still lost six of eight. Maurice benched defenceman Tomas Kaberle on Sunday for a game Carolina lost 4-3 in Ottawa.

Boudreau had been under fire for a calendar year, dating back to a long slide last December and punctuated with a sweep by Tampa Bay in the second round of the playoffs. Washington named former Capital Dale Hunter as his replacement.

"I think Bruce came in here and emptied the tank," Capitals GM George McPhee said in Arlington, Va. "When that happens, you get a new coach where the tank is full and see if it makes a difference."

Maurice was in his second stint with the Hurricanes and was expected to help a team with modest talent overachieve. With the playoffs slipping from view, Carolina GM Jim Rutherford decided to see if Kirk Muller can get more out of the players than Maurice.

"We feel confident that he is the right man to lead our team now and in the future," said Rutherford.

Both Muller and Hunter will be NHL head coaches for the first time — Muller arrives from the AHL's Milwaukee Admirals and Hunter from the OHL's London Knights.
THE CANADIAN PRESS

Grey Cup defeat a tough ending for Brown

The end was too much to bear for Doug Brown.

"It's too fast ...," said the Winnipeg Blue Bombers defensive lineman of an 11-year career that ended with Sunday's 34-23 loss to the B.C. Lions in the Grey Cup.

Then the tears started flowing and Brown buried his head in his hands as he sat in his stall in a quiet Winnipeg dressing room.

Try as he did, Brown could not continue to answer questions, which he did eloquently before he broke down. After the reporters left, Brown stood up in his stall and covered his head in his arms, lamenting a standout CFL career that ended without a Grey Cup.

"He's a person that I strive to emulate in my professional career, and it's unfortunate that he lost this way. But at the same time, brighter days are ahead for him."
BOMBERS OFFENSIVE LINEMAN GLEN JANUARY

"I'm just kind of numb right now, man," said Brown when he was still able to talk. "It's hard to come to terms with the finality of the situation. It doesn't seem real."

Brown had announced long before the game that the 2011 campaign would be the final one of his career. He had thought about quitting after the 2010 season, when the Bombers finished with a 4-14 record.

But he decided that he could still play, looking forward to bigger and better things. The 37-year-old New Westminster, B.C., native was hopeful that the Bombers could go from worst to first overall after they finished in top spot in the East Division and ousted two-time defending Grey Cup champion Montreal Alouette in the East Final.

Which made Sunday's resounding loss even tougher to take.

"It's difficult, because the guys in this room came so far, and it just wasn't meant to be today," said Brown. "I thought we were going to pull off an incredible comeback, but it was too little too late. You can't let a team like B.C. get out in front of you like that."
THE CANADIAN PRESS

4 sports

Jets preview

Senators at Jets
7:30 p.m.
TV: TSN-Jets

Jason Spezza scored twice for Ottawa (11-10-2) in a 4-3 win over Carolina on Sunday, giving him 20 points in 22 games this season. The Senators have points in four of their last five road games, the only real blemish coming in a 6-3 loss to Sidney Crosby and the Penguins. With Chris Neil (sprained ankle) and Matt Carkner (knee) out, Nick Foligno is providing the toughness for Ottawa, leading the team with 61 hits. Nikita Filatov was plus-1 in 15 minutes of ice-time against the Canes after being recalled from Binghamton in the AHL.
THE CANADIAN PRESS

Scan code for more sports.

Can Colts avoid going 0-16?

Quest to avoid a winless season not getting any easier, as team faces three division leaders in four weeks

The dour expressions and quiet tone in the Colts locker room were a telltale sign of how bleak things have become.

Two years after contending with questions about a perfect season, the Colts are now repeatedly answering questions about their potential to become the second team in league history to go 0-16, a possibility that looks more and more likely after losing at home to Carolina on Sunday.

"It's really not any different than when we were 16-0," said cornerback Jerraud Powers, a rookie on the Colts' 2009 AFC title team. "Except that everyone's going to be on the bandwagon when you're 16-0 and when you're 0-16, everyone gives you a reason and an excuse as to why you're doing what you're doing."

What the Colts (0-11) have done far too often this season is find ways to lose.

On Sunday, they threw away two late scoring chances with interceptions in the Carolina end zone. A touchdown and a 2-point conversion might have at least forced overtime.

It's not the first time something has gone wrong for the Colts.

During one four-week span, Pittsburgh drove for a winning field goal in the final 2 minutes, Tampa Bay scored the winning TD with 3:15 to play, Kansas City rallied from a 17-point deficit and the Bengals won by forcing a late fumble and returning it for a touchdown.

ANDY LYONS/GETTY IMAGES

▶ Peyton Manning and Curtis Painter sit on the bench in the final minute of the Colts' loss to the Panthers on Sunday.

That was followed by a dismal four-game stretch in which Indy was outscored 137-27 and the offence was held out of the end zone for eight consecutive quarters. The drought finally ended in the second quarter Sunday, but the late turnovers did them in against the Panthers.

"Every game we've been in to win, we've found a way to shoot ourselves in the foot," Powers said yesterday. "We've got to find a way to not beat ourselves. If a team beats us because they're better than us, you can live with that."

The problem is that the remaining schedule is filled with teams that are better.

On Sunday, the Colts head to New England (8-3) to face one of the AFC's top teams. Then it's off to Baltimore (8-3) to face another team looking to secure home-field advantage. After a home game with playoff hopeful Tennessee (6-5), the Colts host Houston (8-3) before wrapping up the season at Jacksonville (3-8).

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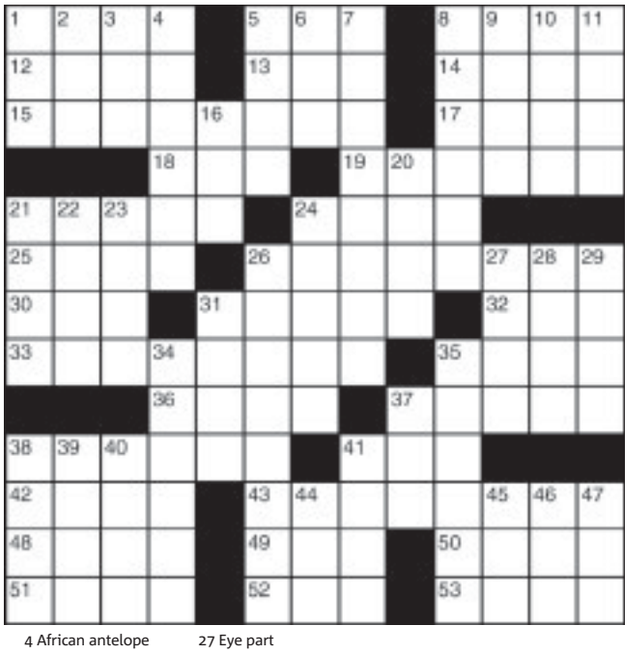
Crossword



Across

1 "Zounds!"
5 Oft-bracketed word
8 Scruff of the neck
12 Actress Spelling
13 Fed. med. agency
14 Hebrew month
15 Mixed drink
17 "The other white meat"
18 Party staple
19 Brownish-yellow shades
21 Characteristic
24 Spruce or sycamore
25 Batting champ Aaron
26 Aviation timesaver, maybe
30 "I'll take that as — "
31 Principal force
32 Fish eggs
33 Trachea
35 Baseball team
36 Libertine
37 Man of morals?
38 Honor
41 Have bills
42 Old Italian money
43 "Hush!"
48 Slender
49 Weeding tool
50 Maui feast
51 "Desire Under the —"
52 Helios
53 Formerly, formerly

Down

1 And so on (Abbr.)
2 Sticky stuff
3 Curved line
4 African antelope
5 Break suddenly
6 Midafternoon, on a sundial
7 Bleach ingredient
8 Family member
9 Lotion additive
10 Kitten's call
11 31-Down members
16 — for tat
20 Highlander
21 Dissolve
22 Hindu royal
23 In due time
24 Hosiery hue
26 Victories
27 Eye part
28 "—, Nanette"
29 Profound
31 Fraternal grp.
34 Reveries
35 Thread partner
37 Overwhelm
38 Otherwise
39 Window ledge
40 Decorate
41 Admitting customers
44 Debtor's letters
45 "— Town"
46 Existed
47 Eccentric

▶ Yesterday's answer

Sudoku

			5	4			9	7
6	3			7	1			2
	2				8		6	
	6	7				8	1	
	4		9				5	
7			6	8			3	1
2	1			3	9			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	3	9	5	8	7	4	2	6
6	4	7	3	2	1	8	9	5
2	5	8	6	9	4	1	3	7
7	2	4	9	1	6	5	8	3
5	9	1	8	7	3	6	4	2
3	8	6	2	4	5	7	1	9
9	6	5	4	3	8	2	7	1
8	1	3	7	5	2	9	6	4
4	7	2	1	6	9	3	5	8

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Davidson
Dear Davidson <3, We've been together for so long. And I'm sure your heart's been aching. Don't worry, because I'm never gonna give you up. or let you down. I won't even run around. Because I'll never forget you. Love,
FROM RASTLEY

My Special Prince Charming Fear not my sweet darling, I am waiting impatiently for you to contact me anytime and leave me a message. I really want to hear your voice and be forever with you. You are my special and true love! We have to be strong and have faith and hope if we really have the same feelings for each other! Love you very, very much! No matter what happens, you are and will be in my heart for ever and ever... With all my love and kisses...
FROM C. L. YOURS FOREVER

A look at the weather

Jenna Khan, Weather Specialist

TODAY	WEDNESDAY	THURSDAY
Min -12°	Min -16°	Min -11°
Max 0°	Max -11°	Max -8°

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you are the kind of Aries who likes to travel you could find yourself a long way from home today — and enjoying yourself immensely.

♉ Taurus April 21-May 21 Either you love what you are doing, or you do something else.

♊ Gemini May 22-June 21 You will be under a lot of pressure today and because the pressure comes from partners and colleagues you could fall out with someone.

♋ Cancer June 22-July 22 You'll be busy and you may find it hard to catch your breath over the next 24 hours.

♌ Leo July 23-Aug.23 You are in the mood to take action.

♍ Virgo Aug. 24- Sept. 22 You'll have to tread carefully when dealing with loved ones.

♎ Libra Sept. 23-Oct. 23 No matter how irritating others may be you must not let them get under your skin.

♏ Scorpio Oct. 24-Nov. 22 What happens today may be important but it's how you choose to react to it that matters more.

♐ Sagittarius Nov. 23-Dec. 21 You seem to be remarkably assertive at the moment, which is good, but try not to give others the impression that the only thing you care about is your own greater glory, even if it happens to be true!

♑ Capricorn Dec. 22-Jan. 20 Are you afraid to say something because it might upset powerful people? Speak up.

♒ Aquarius Jan. 21-Feb. 18 Life is many things, but most of all it is there to be enjoyed.

♓ Pisces Feb. 19-March 20. You seem to have energy to spare at the moment and if you are smart you will channel it into your work or career. **SALLY BROMPTON**

MISHA JAPARIDZE/THE ASSOCIATED PRESS

Caption contest

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